



WEIGHT LOSS DETOX

MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
17 Stock your pantry & grocery shop (Use T20 booklet)	18 Complete welcome chapter Welcome to the Detox Dr. Fuhrman	19 Nutritional Science Begets the Best Results Dr. Fuhrman	20 Live Q&A Dr. Fuhrman 4pm EST	21 Understanding Food Addiction Dr. Fuhrman	22 Recipe Demos Salad Dressing Mushroom Soup Shepherds Pie Tiramisu	23 Exercise warm-up Introduce yourself in the Facebook group or discussions!
24 Hike or neighborhood walk!	25 Aging with Longevity Dr. Cara Fuhrman FAQs Dr. Fuhrman Exercise video 1	26 Understanding Hunger Dr. Fuhrman Combat Food Addiction Randi R.N.	27 Exercise video 2 Nutritarian Happy Hour 7pm EST	28 Group Coaching Rachel 4pm EST	29 Slow Aging Dr. Fuhrman	30 Post photos of your favorite recipe in Facebook group
31 Hike, walk, or walk uphill on Treadmill	1 Prevent & Reverse Disease Dr. Fuhrman	2 Building Healthy Habits Jenna Fuhrman	3 Live Q&A Dr. Fuhrman 4pm EST	4 Uncovering Hidden Barriers Randi Carbone Exercise video 3	5 End Emotional Eating Finding Joy Dare To Be Different Randi, R.N.	6 Recipe Demos Queso Dip Mushroom Bolognese
7 Nutritarian Lifestyle Lisa Fuhrman "Favorite Recipes" worksheet	8	9	10 Group Coaching Rachel	11	12	

- Live video session, recording posted within 24 hours
- Suggested workout
- Video Lecture
- Suggested activity

***Live lessons are at 4pm ET; video content is released the night before it's scheduled.**